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ABSTRACT OF THE DISCLOSURE

10 A recordable digital video disc preferably employ-
able for information recording method using a laser beam
having a wavelength of 600-700 nm, composed of a trans-
parent disc substrate provided with a spiral pregroove, a
recording dye layer placed in the pregroove, and a light-
reflecting layer, arranged in order, wherein the record-
15 ing dye layer has a thickness in the range of 40% to 90%
of a thickness corresponding to an optical path which
gives the first minimum reflectance, the optical path
giving the first minimum reflectance being determined
from a reflectance curve which is prepared using record-
20 able digital video discs composed of the same disc sub-
strate, the same recording dye layer having varying
thickness, and the same light-reflecting layer.